

## ANORECTAL DISORDERS AND ITS PATHOGENESIS IN AYURVEDA A REVIEW

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## ABSTRACT

Change in lifestyle and food habits had led to increase in gastrointestinal disorders. Anorectal disorders are the conditions which primarily affects anus and rectum area. The common disorders of it includes hemorrhoids – *Arsha*, anal fissures – *Parikartika* and anal fistula – *Bhagandara*. These disorders are associated with defect in functioning of digestive fire – *Jatharagni*. Any causative factor – *Hetu* for causing *Mandagni* results in vicious cycle of indigestion and constipation. This tends to vitiation of *Dosha* – *Vata*, *Pitta* and *Kapha*, these *Dosha* then affects *Dushya* – *Skin- Twak*, *Mamsa* and *Meda* thus forming the disease. A complete overlook from causative factors – *Hetu*, its *Samprapti* – pathogenesis, signs – symptoms and treatment protocol in accordance to Ayurveda is brief in present review article.

**KEYWORDS:** Anorectal disorders, *Arsha*, *Parikartika*, *Bhagandara*.

## INTRODUCTION

Ayurveda has a holistic approach to each and every aspect of life and rightly called as science of life. Right from the daily rituals – *Dinacharya* to the food habits – *Ashtohara vidhivisheshayatana*, all concepts are thoroughly elaborated in Ayurveda classics. *Mandagni* is stated to be the root cause of almost diseases. As we consider this as the prime causative factor – *Hetu* for the presenting disease, the physical – mental and emotional factors – *Kayik- Vachik* and *Manasik Hetu* responsible for the disease can be elaborated. The sedentary life style, unhealthy food habits, low fiber intake, lack of exercise, disturbed sleep patterns, lack of hygiene etc. In context to Ayurveda the *hetu* can be discussed as, *Viruddha Ashana*, *Vega Vidharana*, *Vata – Pitta Prakopak Ahara Vihara*, *Ati Chankramana/ Vyavyaya* resulting in *Dosha Prakopa*. Here the *Ahara – Vihara Nidana* along with other causative factors will be discussed. The *Nidana* thus causing vitiation of *Dosha* and *Dushya* resulting in pathogenesis – *Samprapti* of the anorectal disorders will be briefed. Followed by the due treatment protocol along with preventive aspect will be discussed.

*Ahara Nidana*

- *Asatmya, Ajirna Ashana*
- *Paryushit ahara sevana*

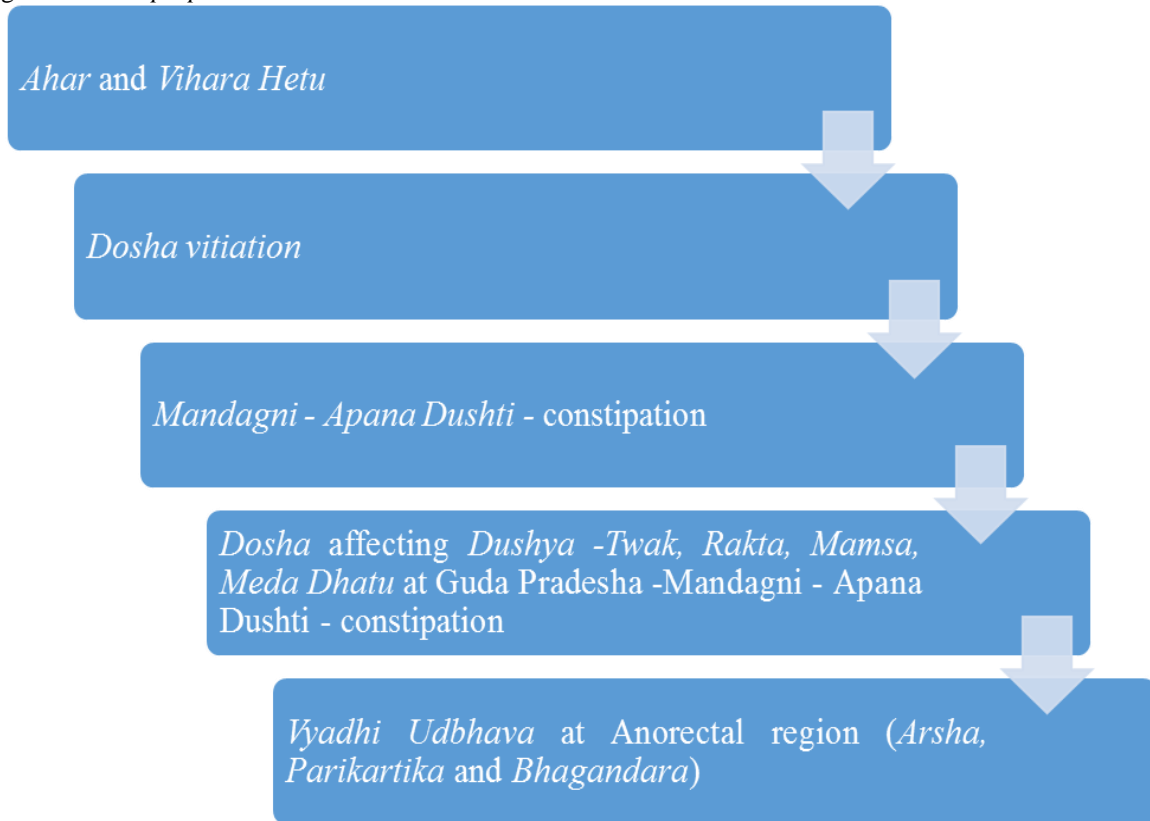
- *Ati-Ushna, Tikshna Ahara Sevana*
- *Guru, Garishta, Vidahi Anaa Sevana*
- *Ruksha Ahara Sevana*
- *Viruddha Ahara Sevana*

*Vihara Nidana*

- *Ati Chankramana*
- *Ati Vyayama/ Vyavaya*
- *Avyayama*
- *Utkatasana*
- *Diwaswapa*

Other *Nidana*

- *Vega Vidharana*- suppression or initiation of natural urges
- *Vishamaasana* and *Yana* – improper sitting position and continuous use of vehicles for traveling
- *Anulomana* – use of daily purgatives
- *Sahaja* – in born
- Lack of cleanliness leading to infection

Pathogenesis – *Samprapti**Lakshana*

The signs and symptoms of the disorders of anorectal region are more over much related to each other and also resemble in the treatment protocol.

The *Lakshanas* are as follows

- Constipation
- *Mandagni* – loss of appetite and low digestive power
- Pain and swelling around the anal region
- *Arsha* – engorged veins around anus
- Bleeding through anal region
- Burning sensation in anal fissures
- Development of one or more track of defecation
- Itching sensation along with mucous discharge

## Treatment

In accordance to Ayurveda, the *Nidana* of disorders of anorectal region are same and thus the treatment protocol for it is on same line of management. Ayurveda classics had described the steps to be followed or the treatment modality to be adopted in these disorders are as follows.

*Bheshaja* – *Kshara* – *Agni* – *Shastra*

It can be correlated to the stages of the respective disorders and in which stage which treatment modality is to be used. Also according to the *Dosha* vitiation and *Dushya* involvement the type of protocol is chosen to give best results.

*Bheshaja* – the medicine used are primarily focused on improving the digestive fire as the basic *Hetu* is

*Mandagni*. By correcting the digestive fire by *Deepana* and *Pachana Dravya*, the next part of *Anulomana* and correcting the vitiation of *Apana Vayu* is done. The medicines which can be used for it can be listed as follows.

- *Guda Haritaki*
- *Ampachana Vati*
- *Samasharkara Churna*
- *Avipittikar Churna*
- *Hingvashtaka Churna*
- *Triphala Churna/ Guggulu*
- *Arshakuthara Rasa*
- *Kankayana Vati*
- *Kaishor Guggulu*
- *Amla Murabba*
- *Gulkanda*
- *Abhayarishta*
- *Aragvadharihta*
- *Drakshasava*
- *Dashamoolarishta*
- *Sooran vataka*
- *Manibhadra Guda*

*Kshara* – the use of *Kashara* in Anorectal disorders is in vogue. The *Kashar Sutra* is widely used and is accepted as a rudimentary treatment protocol for piles and fistula. The property of '*Ksharana*' of *KasharSutra* helps to clean the track and develop the healthy granulation tissue thereby healing the track in fistula. Whereas it helps to cut out the piles from the baseline and thus eases the symptoms. This treatment protocol is been used to

advanced stages of piles and fistula. Like third and fourth degree piles are operated successfully by *Ksharsutra*.

*Agnikarma* – the use of *Agnikarma* – can be correlated with cauterization is done in these disorders. The excessive fleshy mass is cauterized and also the excessive bleeding is checked.

*Shastra Karma*- the use of various *Shastra* and *Anushastra* is done in the radical treatment of these disorders. This treatment modality is placed at last in order to state the treatment of advanced or fourth degree piles, fissure and fistula.

Inference.

In Ayurveda the *Guda Sthana* is one of the vital *Marma*. The disorders of this region also have importance as this affects day to day life of patient. Owing to this, Acharya had considered *Arsha* under *Mahagada* i.e. prime disorders of the body. The disorders of this region are hard to treat and take a long span of medication. The brief account of *Hetu* – causative factors to the treatment protocol to be adopted is done in present context.

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